

# Your health is in <sup>Clean</sup> YOUR HANDS

*HAND HYGIENE is the most effective way to prevent the spread of infectious diseases including respiratory illnesses such as:*

SARS • INFLUENZA • COLDS • AND OTHERS

## WASH WITH SOAP AND WATER

when hands are visibly soiled.

## WASH WITH SOAP AND WATER OR WITH AN ALCOHOL-BASED HAND RUB OR GEL

when hands are not visibly soiled.

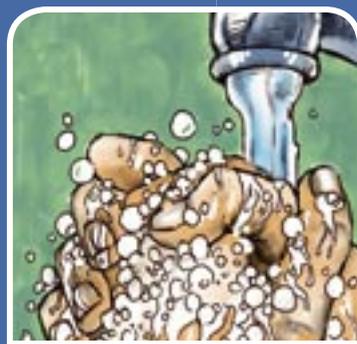
### ALWAYS:

- Wear gloves when contact with blood, mucous membranes, or non-intact skin could occur.
- Remove gloves after caring for a patient. Do **not** wear the same gloves with more than one patient.
- Wash hands after removing gloves.
- Keep natural nail tips less than  $\frac{1}{4}$  inch long; avoid artificial fingernails when caring for patients.

Visit [www.cdc.gov/handhygiene](http://www.cdc.gov/handhygiene) for additional hand hygiene information.



Wet hands



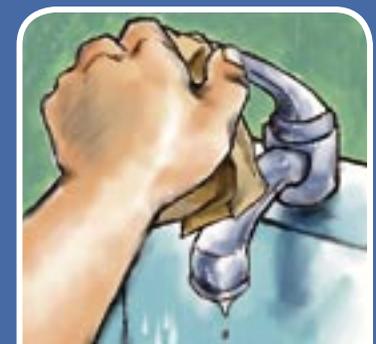
Apply soap, & rub vigorously for at least 15 seconds



Rinse with water



Dry thoroughly with paper towel



Use towel to turn off faucet